

# Action Plan - CPR Child (1-8 Years)

1



**Danger: STOP, THINK, OBSERVE & PROTECT.**  
Only approach the patient if it is safe to do so.

2



Approach cautiously and continue to reassess your safety. Check for a verbal response, squeeze and shout.

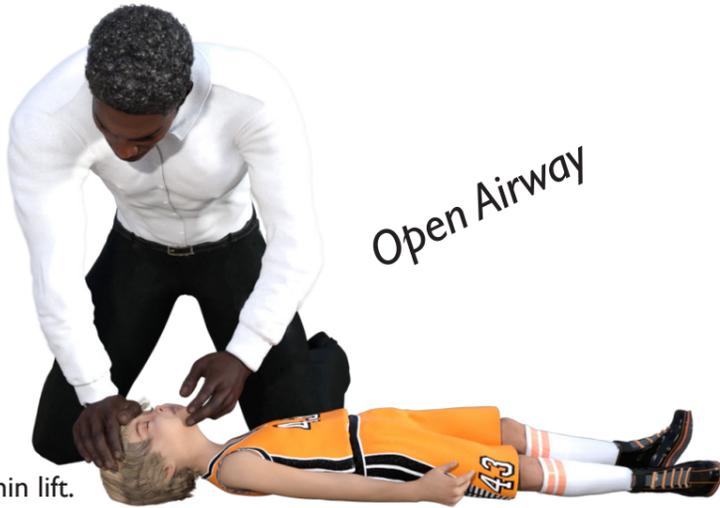
3

**CALL 111  
NEW ZEALAND'S  
EMERGENCY  
SERVICES  
NUMBER**



If there is still no response, shout for someone to CALL 111. If available get them to fetch a defibrillator then return and confirm the call has been made.

4



Head tilt/Chin lift.

5



Look, listen & feel for normal breathing, the check should be no more than 10 seconds

Look, listen & feel for breathing. Keep the airway open, place your ear close to the mouth and nose of the person, look towards the chest/stomach and see if the chest rises, or you can detect normal breathing.

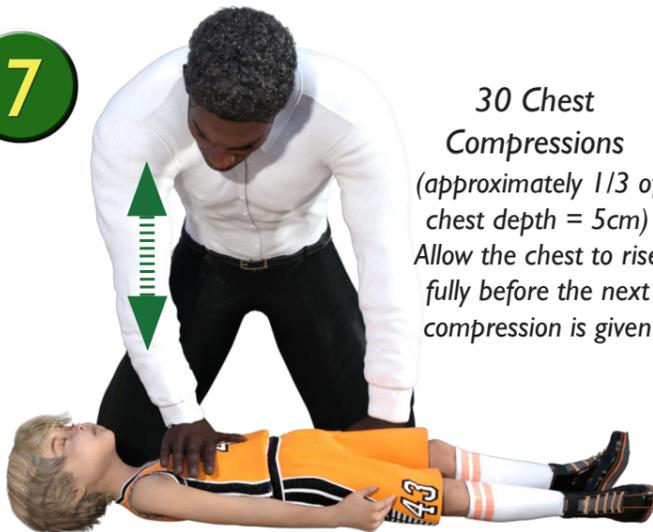
6



Find the centre of the chest

If there is no breathing, ensure the person is on a firm flat surface. Place the heel of one hand in the centre of their chest. Ensure you are comfortable and kneeling close to the person.

7



**30 Chest  
Compressions**  
(approximately 1/3 of chest depth = 5cm)  
Allow the chest to rise fully before the next compression is given

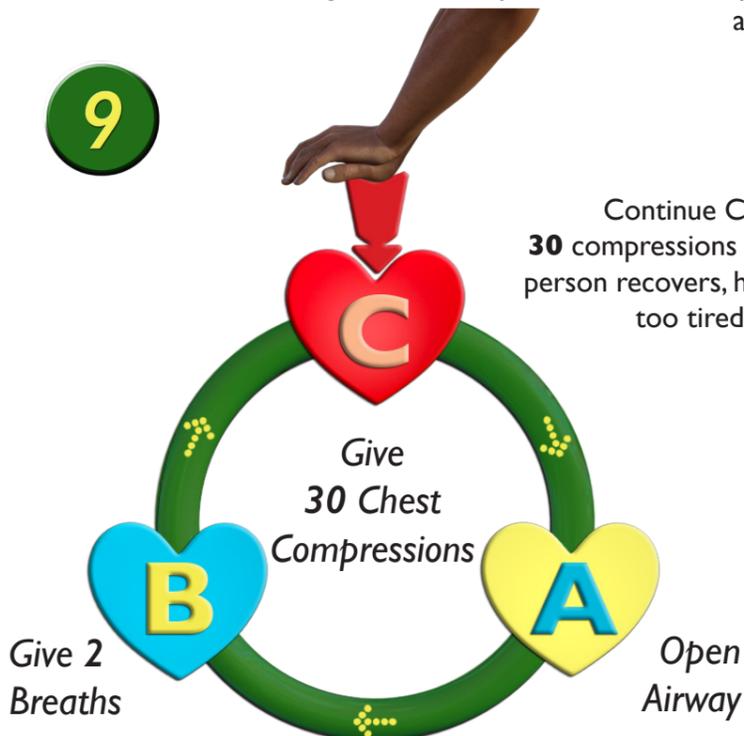
Using one or two hands press down firmly on the child's chest approximately 5 cm or one third of their chest depth. Lean forward and move from the hips. Keeping arm/s straight push down 30 times at a rate of 100 to 120 compressions per minute.

8



Open your mouth wide, place it over the person's mouth and pinch their nostrils together. Attempt 2 breaths, blowing enough air in to the mouth to make the chest rise.

9



10



If alone provide 1 minutes CPR before GO FOR HELP.

As soon as a defibrillator becomes available, turn it on and follow the voice prompts.



**Think Smart, Think Safe, Think S.T.O.P.**

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